

EXERCISE

List four or five of your happiest memories:

Choose the memory that appeals to you most right now. Close your eyes and recapture this experience in as much detail as you can. Then answer the questions below.

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|------|-------|---|
| True | False | 1. Just remembering this experience creates a surge of happiness. |
| True | False | 2. I feel hollow and exhausted when I think about this experience. |
| True | False | 3. When I remember this experience, my muscles relax. |
| True | False | 4. I can't really remember the good feelings that came with this experience. |
| True | False | 5. I find myself smiling spontaneously when I dwell on this memory. |
| True | False | 6. I get agitated and "hyper" when I remember this experience. |
| True | False | 7. I know that no one can ever take this experience away from me, that it is a permanent part of my mind and heart. |

The odd-numbered statements are characteristic of real joy. If you answered them "true," you know how to identify happiness. The even-numbered statements describe the way joy substitutes often affect people. If you answered them "True," then you may not yet be distinguishing between joy and Joy Lite.